BENGALURU, TUESDAY, AUGUST 22, 2023 www.Bangaloremirror.com 12 Pages PRICE ₹3

# Bangalore Mirror

TEMP Max 31 | Min 19 | Humidity 59% Clear with periodic clouds Sensex 65,216 | Nifty 19,393 | Gold 58,417 | Silver 70,960 | Dollar 83.14 | Euro 90.48 | GBP 105.87

## Govt-owned charging stations will have to up their game to make EV owners use their facilities; pace of charging, visibility of stations primary challenges, experts say

# WHO IS IN CHARGE?

### 'Even if pvt facilities ask customers to pay for charging, EVs will remain cost-effective'

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As some private electric vehicle (EV) players start asking customers to pay for public fast charging services, experts told BM that this is unlikely to make much impact on increased adoption of BESCOM-run charging infrastructure. The reason they said is some hiccups in BESCOM's services.

Recently, a private 2-wheeler EV company announced the decision to end its free public charging service. While most 2-wheelers depend on home-charging, range anxiety remains the major reason for usage of the public chargers. Though the private players charge a higher rate than BESCOM, experts feel that many issues surrounding BESCOM chargers will hinder its adoption.

Spurthi Ravuri, Senior Associate working in the Green Mobility group at CSTEP told BM that fewer than half

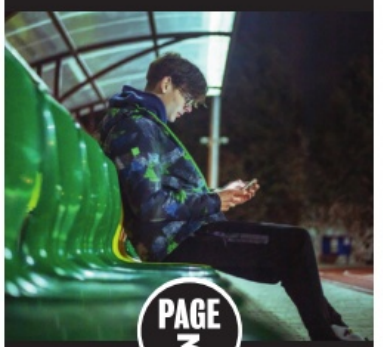
CONTINUED ON PAGE 8 »

"The increased cost of charging by private players could marginally increase the overall operational cost of EVs

– Spurthi Ravuri, CSTEP

## TIMETABLES TURN

Passengers disappointed as BMTC's newly launched app to track buses is already acting up



PAGE 3

## ALL PAIN, NO PAY

Junior Health Inspectors struggle to stay afloat as they haven't got salary for 4 months now

PAGE 5

## 3 THINGS TO DO

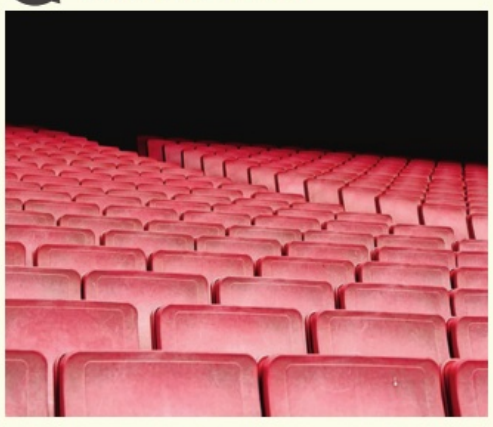
### 01 Classic era

Naman, the Odissi dance festival is back with its 12th edition. The festival aims to bring together and showcase varied styles and schools of Odissi dance. It pays rich tributes to great gurus and pioneers of Odissi dance for their invaluable contributions to the elegant art.
**Where: ADA Rangamandira, opp Ravindra Kalakshetra, JC Road**
**When: Sunday, August 27; 5:30 pm**

### 02 Vibrant goods

Don't miss the chance to attend the 'Indian Haat Festival', an exhibition-cum-sale of handicraft items. You can explore cost-effective products such as colourful and good quality artifacts, sarees, household items, ornamental items, intricately carved handicrafts, designer clothes, and more.
**Where: Chitrakala Parishath**
**When: until August 27**

### 03 Theatre time



Watch an English play, Skewed, unfold at one of the most well-known theatre platforms in the city on Sunday. The play is presented by Fourth Wall Theatre and is directed by Mahesh SP. It is written by Mahesh SP, Vilok V Kowsik, Arvindh S Kumar, and Gayathri Narayan. The music arrangement is done by Abhimanyu Bhupathi.
**Where: Jagriti Theatre, Whitefield**
**When: Sunday, August 27; 3:30 pm and 7:30 pm**

**A prayerful hour**

Devotees offering prayers on the occasion of Naga Panchami on Monday in Bengaluru

PIC: KAUSHIK JN

# Notes of wellness

## Music and cinema therapies help create healing environment for patients; this method benefits those who may not respond well to verbal therapy: expert

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Music and cinema therapy are said to be evidence-based therapeutic interventions that help enhance emotional expression, improve communication, and foster healing and personal growth. In one of the hospitals in Bengaluru, regular music and cinema therapies are being conducted alongside traditional therapeutic approaches to create a holistic healing environment for patients, reducing anxiety, depression, and stress among individuals with mental health disorders.

After a four-week pilot programme in 2019 on music and cinema therapy for patients, the health professionals at Cadabams Hospital saw a huge benefit for the patients and started to regularly conduct music and cinema therapy sessions in 2020. The music therapy that is conducted every week has said to have benefitted over 1,000 patients so far. The music therapists use a variety of musical elements, such as rhythm, melody, and harmony, to address emotional, cognitive, social, and physical challenges.

In one notable case at Cadabams, the therapists observed the profound impact of music therapy on a dementia patient.

"A 75-year-old female patient was initially withdrawn and unresponsive and resisted interaction. However, after a few sessions of music therapy, a breakthrough occurred. During a familiar kinetic song, the patient spontaneously completed a line, indicating engagement. Subsequent sessions saw her actively participating and even leading sessions. Music therapy not only aided emotional regulation but also provided a means of communication. Despite language barriers, we communicated using Telugu, Kannada, and English, fostering a strong therapeutic bond," said Neha Cadabams, Executive Director at Cadabams Hospitals.

**Music therapy is carried out through individual or group sessions wherein patients engage in various activities**

> **"Music therapy has the capacity to engage the brain comprehensively, accelerating neuroplasticity-the brain's ability to form new neural connections**
>
> –Neha Cadabams, Executive Director at Cadabams Hospitals

The patient's ability to connect through music enabled her to ground herself during moments of distress or disorientation. The case underscores the potential of music therapy to improve emotional well-being and communication for dementia patients, exemplifying the transformative power of therapeutic engagement through music, she added.

Music therapy is carried out through individual or group sessions wherein patients engage in activities like songwriting, playing musical instruments, and guided listening to evoke emotional responses, reduce stress, and promote relaxation.

Neha explained, "The music therapeutic method is proven beneficial for individuals who may not respond well to verbal therapy or traditional talk therapy but respond to music for self-expression and are open to creative processes. Music therapy has the capacity to engage the brain comprehensively, accelerating neuroplasticity—the brain's ability to form new neural connections."

It has helped many patients express feelings that may be difficult to verbalise, fostering emotional processing and facilitating communication.

This apart, cinema therapy has bound to be beneficial in treating PTSC, fostering emotional intelligence, and improving self-awareness and personal skills. It involves using carefully selected films and cinematic narratives to explore and process emotions, thoughts, and behaviors. During guided film screenings, patients immerse themselves in character experiences, enabling them to identify with various aspects of the storyline and find personal resonance. After the movie, the therapists engage with patients, gaining insights on exploring coping mechanisms and problem-solving skills.

When asked about the timeframe for patients to experience benefits from their therapies, Neha said, "We cater to both short-term and long-term clients, making it essential to adapt our approach. The impact of our therapies can even be seen in just one session. Our dementia ward, for instance, witnesses a dynamic population, including a core group with long-term members. Over the past two years, these individuals, some of whom are receiving end-of-life care, have shown improved engagement, recall, participation, and even singing ability."

# What's up? Not the BMTC app

## Passengers say application to track buses is unreliable and inaccurate

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Commuters of the Bangalore Metropolitan Transport Corporation (BMTC) have complained that the recently launched Namma BMTC application is not functioning reliably.

"The BMTC application can be so unreliable, even hourly buses suddenly disappear from the route and schedule," said Mukesh Kumar, a commuter. He gave an example and said that a bus scheduled to arrive at 10:43 am disappeared from the live tracking map only 15 minutes prior to its arrival.

"Tracking on Namma BMTC has been acting up lately, it used to be smooth earlier till the last update but it's very inaccurate these days," said another regular passenger.

A commuter noted that a few buses can be tracked individually but are not available to view when checked on the routes they are designated to. This issue was pointed out earlier too, when the application was first launched.

Arun, a commuter who has been using the application since its beta launch in December last year, had pointed out that a majority of buses are not mapped to the route they are plying, though they have live tracking systems in the vehicle.

He noted that in a few instances, buses are wrongly mapped to a different route on the application, leading to a false display of the estimated time of arrival.

The BMTC application was launched in April after a two-year long wait.

The application along with live tracking and schedules also has an SOS feature to facilitate safe travel for female passengers and other options such as a fare calculator as well as viewing of locations of the nearest bus stops. While commuters have said that the application is a good start to measures to make travel in BMTC more convenient, they have demanded upgrades.

A major one is the introduction of a feature allowing commuters to buy tickets and passes through online transactions. Currently, commuters can buy monthly and daily passes through the Tummoc application only whereas tickets must be bought by cash in the majority of the buses.

The application has more than 1,00,000 downloads and has been tracking 4,297 buses, whereas the BMTC operates 5,568 buses and has a daily ridership of around 30 lakh passengers.

# Naked greed: Elderly man answers costly video call

A former government worker in Bengaluru lost Rs 35,000 after answering a WhatsApp video call in yet another case of cyber con in the city. The man had the shock of his life when on the other side of the call, appeared a lady, who was nude. The woman immediately took a threatening tone and allegedly told the elderly man that she would report him to the police.

The elderly man subsequently had to pay as he was afraid about the consequences. The situation came to light when the 74-year-old man reported the incident to the Yelahanka New Town police. In his complaint, the victim said that the scammers had also asked for an additional Rs 4 lakh from him.

This is the sequence of events, according to the complaint: On August 11, around midnight, the victim, a resident of KHB Colony Yelahanka New Town, received a WhatsApp call. When he answered, a woman appeared and she was nude. The man inquired about the woman's identification but received no response.

Three days later, the victim once more got a call this time from someone posing as an officer from the Delhi Police cyber unit. The faux officer told the man that the woman had complained about him and threats of an impending arrest were also bandied about.

The victim told the man that he had not placed the call, but the 'officer' gruffly informed him that the call had been recorded. The elderly man paid the caller Rs. 11,500 to prevent his arrest. He then transferred Rs. 23,000 more as the con artist demanded.

Days later, the same person called the victim and told him that the woman had killed herself after he had seen her naked. He may face more difficulty; the caller warned him. He demanded Rs. 4 lakh from the victim in exchange of dismissing the allegations. The victim made the decision to go to the police and lodge a complaint after this. **BMB**

## Fact check unit gets CM's nod

Chief Minister Siddaramaiah on Monday gave his approval to set up a fact check unit and promulgation of necessary rules and laws in the state.

A statement issued by his office said the decision was taken with a view that fake news should be controlled as it was dangerous for democracy and would polarise the society.

The decision was taken in a meeting on cyber security chaired by the Chief Minister at his home office 'Krishna'.

Siddaramaiah approved three-step measures of detecting fake news and syndicates that create them, preventing the spread of fake news, and giving severe punishment to the accused.

The fact check unit will comprise a monitoring committee and fact check analysis team along with the appointment of nodal officers.

It was explained in the meeting that a capacity building team can be formed and technology can be leveraged systematically.

Karnataka IT-BT Minister Priyank Kharge said though Bengaluru Police is also active on social media, the state needs a fact check unit. According to him, 'deep fake' is also being utilised using Artificial Intelligence (AI), which is helpful for those spreading fake news. **PTI**

## Family found dead in US: 'Help bring back bodies'

Three members of an expatriate Indian family, hailing from the Davanagere district, were found dead at their residence in Baltimore, Maryland, US under suspicious circumstances. With little information reaching the families in Karnataka, their family met Chief Minister Siddaramaiah on Monday and requested him to help bring the dead bodies to Davangere.

The CM directed Deputy Chief Secretary Rajneesh Goyal to provide assistance. The deceased were identified as a 37-year-old techie Yogesh H Nagarajappa, his wife 37-year-old Prathiba Y. Amarnath and their 6-year-old Yash Honnal. "Based on initial probe, this incident is believed to be a double murder-suicide that Yogesh H Nagarajappa committed," Baltimore police said. **PTI**

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# From dump site to picture-perfect

## Volunteers team up with BBMP to transform waste disposal area into selfie point

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The spot before and after transformation; This project was designed by Aniruddha Abhyankar

This garbage dump on a small corner in Koramangala has been an eyesore for years. It is situated next to Ooty Chocolates in the fun hangout area of Koramangala, near popular eateries like Hole in the Wall, Terra Bites, and Salad Matters, just off Inner Ring Road.

Most of the pedestrians used to walk past the corner on the footpath all these years without complaining to the Bruhat Bengaluru Mahanagara Palike (BBMP) authorities to keep the place clean. Now, the corner, which used to be an eyesore, has become a selfie point.

A group of volunteers teamed up with BBMP authorities to transform it into a selfie point. Passersby came to this former dump to take selfies almost immediately; many of them had no idea that you could not even stand here earlier.

The place-making project was designed by Aniruddha Abhyankar, who specialises in such interventions, in partnership with The Ugly Indians and the BBMP. He played a key role in designing projects for beautifying underpasses and Namma Metro pillars in the city.

"Marshals had informed me about this black spot, which is situated near a popular food joint. I found accumulated garbage at the spot. I joined hands with the BBMP to beautify this black spot, which is now a selfie point," said Abhyankar.

The volunteers who beautified the black spot are very happy. "This project may inspire other neighbourhoods to do the same," said a volunteer.

Arvind Mittal, a resident who hails from Gurgaon, said that he used to participate in social activities in Gurgaon. "I am very happy to be part of the team that has beautified the black spot. It is my first involvement in beautifying a black spot in Bengaluru," he said.

A volunteer, on the condition of anonymity, added that the people are used to ignoring dirt on the road or footpath. "This place has been an eyesore all these years. Many people used to walk past this black spot but did nothing. Now, the place looks pretty," the volunteer said.

Describing the beautification of the black spot as a wonderful job, Koramangala 4th Block Residents' Welfare Association general secretary Raghu R said that the beautification of the spot with the slogan, I love Koramangala, conveys a message to the residents on the importance of keeping their surroundings clean. I want to appreciate the volunteers and BBMP pourakarmikas for beautifying the black spot," said Raghu.

> **Marshals had informed about this black spot. I found accumulated garbage here. I joined hands with BBMP to beautify this black spot, which is now a selfie point**
> –Aniruddha Abhyankar

# Mind matters: Toolkit for health screening

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PICTURE FOR REPRESENTATION ONLY

For the first time in Karnataka, field workers will be screening for mental health, brain health, and substance abuse using an integrated tool designed by the health department. The Mental Health Screening and Counselling Tool for Field Level Workers of India (MERIT) toolkit is likely to be rolled out in PHCs soon.

The toolkit guides the field workers by asking questions about mental health, brain health, and substance abuse. It's an integrated approach to seeing mental health from an interdisciplinary perspective. Upon screening, field workers conduct brief counselling and direct them to doctors for further evaluation and treatment.

As a pilot, the MERIT was launched in a mega health camp organised by the Department of Health and Family Welfare at Government Higher Primary School, Magadi Road, on Sunday.

The camp was conducted by a multidisciplinary healthcare team from the District Mental Health Programme (DMHP) of Bengaluru Urban and Bruhat Bengaluru Mahanagara Palike (BBMP), the National Institute of Mental Health and Neurosciences (NIMHANS), and the Bangalore Medical College and Research Institute (BMCRI).

A total of 300 beneficiaries were screened using the tool specially designed for use by field workers. The team screened the beneficiaries and delivered mental and neurological health care. The team was led by Dr Rajani P, Deputy Director, Mental Health, Department of Health and Family Welfare, Government of Karnataka, and Dr Suvarna Alladi, Professor and Head, Department of Neurology, NIMHANS.

The multidisciplinary team included neurologists, psychiatrists, public health professionals, psychiatric social workers, nursing officers, and hospital assistants. Additionally, information about socio-demographic profiles and the presence of comorbid conditions was also collected. Those who screened positive were further evaluated by the specialists and given appropriate care at the campsite.

Dr Rajani P told BM that mental health and brain health are usually interconnected but are separate. "In the camp, we did an integrated screening of brain health, mental health, and alcohol and substance abuse for the first time. The toolkit has questions designed to identify depression, anxiety, alcohol abuse, abnormal behaviour, schizophrenia, and neurological disorders through symptoms like loss of consciousness, headaches, epilepsy, and the presence of neurological disorders," she said.

She added that during the screening, they were able to identify 17 cases of neurological issues and 60 cases of mental health issues. Those needing further treatment were referred to specialists in public health institutions. The MERIT has already been shared with community health officers of health and wellness centres.

## whatsapp MIRROR 9591233247

**Problems in your area?**
Send us a picture along with specific details. And please, no phone calls or spamming

### Dirty water
**Bannerghatta**

The manhole cover is open, and sewage is leaking on Bannerghatta Main Road, opposite Chaitanya Techno School. Motorcycle riders are being sprayed with sewage. BBMP should attend to the leakage.

### What's the use?
**Gandhinagar**

In Gandhinagar's 2nd Cross, the placement of two barricades in a chicane formation on a busy street with heavy traffic raises questions about their utility. Concerns have been raised to remove the barriers within Upparpet limits.

### Give a break
**Gavipura**

A concern has been raised about the wastage of taxpayers' money due to LED streetlights remaining on even during the day at the 2nd Cross on Masti Venkatesh Iyengar Road in Gavipura.

# Bridge over troubled waters

## Construction of bridge over lake in Sarjapur hastens its deterioration

Muck gathers at the edges of the Kaikondrahalli Lake in Sarjapur; residents of nearby areas complain of a stench

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TWEETS @BangaloreMIRROR

Residents around Kaikondrahalli Lake in Sarjapur have decided to knock on BBMP's door yet again to find a solution to the foul smell from the water body and its deteriorating water quality. Locals say they are alarmed by the bad state of the ecologically fragile waterbody. Kaikondrahalli was already in a shambles due to the release of untreated sewage into it. However, the recent bridge construction has left it worse off. The water body spread over 48 acres is now full of green algae and is stinking.

"BBMP has constructed a small bridge on the lake, which is obstructing the regular flow of the water. Apart from untreated sewage water entering the lake, a lot of garbage can be seen strewn along the shores. Cleaning has not been happening for some time. The lake has a walkway and is used by a lot of people for various purposes such as walking, jogging, etc. However, the stench is unbearable and the number of lake visitors has declined over the past month," said Kislay Komal, a resident of the area

**Untreated sewage is entering lake, say visitors, most of whom are now staying away due to unbearable stink in the area**

Locals say the bridge construction activity caused destruction to the lake's ecology. Although the water body was ailing for almost a year now, the situation has become deplorable in the past one month. The lack of rainfall has made the situation worse.

"Our apartment complex is next to the lake and it has become difficult to go down and walk. The lake has turned completely green. We used to go to the lake every evening with our toddler up until a month ago, but have stopped going now," said another resident.

Some residents have decided to write to the BBMP to get the issue resolved.

"We have reached out to the BBMP officials in the past but no action has been taken. We now plan to put the issues in writing and meet them. The biodiversity around the lake has been severely impacted during the construction phase. A few trees were cut down and a couple of them have got concrete around the roots. Waste is entering the water body too. We are worried about the high level of pollution and its impact on the health of those living in the vicinity," said Arpita Choudhary, another resident.

# All work and no pay for 4 months now

## Junior health inspectors who ensure waste is segregated at source and not dumped on the road struggle to make ends meet

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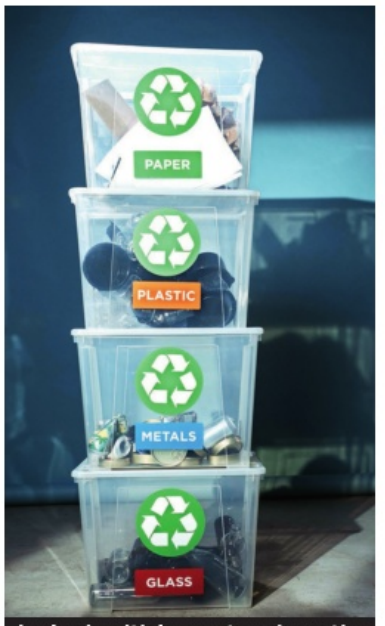
TWEETS @BangaloreMIRROR

More than 200 junior solid waste inspectors also known as junior health inspectors working with Solid Waste Management (SWM) Department of Bruhat Bengaluru Mahanagara Palike (BBMP) have been facing a lot of problems due to the inordinate delay in disbursement of their salaries. They said that they have not received their salary for four months now.

As of now, there are 215 junior health inspectors working with the SWM of the BBMP. Their responsibility is to monitor segregation of waste at sources, impose a penalty on those residents who hand over mixed waste to pourakarmikas who collect garbage from door to door, and also keep a vigil on those who dump garbage at public places.

"I am finding it difficult to maintain my family. I have been borrowing money from friends and relatives to run my family for the last four months. I hope the BBMP officials make arrangements for the disbursement of our salary," said a junior health inspector from RR Nagar Zone.

Expressing a similar opinion, a junior health inspector from Mahadevapura Zone said that she finds it tough to look after her family. "I have been requesting the assistant executive engineer of SWM to make arrangements for the disbursement of my salary. The assistant executive engineer has to prepare a proposal to the authorities for releasing our salary every month," said the junior health inspector.




Junior health inspectors have the unenviable task of convincing citizens to segregate waste before handing it over to pourakarmikas

Each junior health inspector receives Rs 24,500 per month and all of them are outsourced via a private agency. The BBMP floats a tender every year inviting bidders to outsource junior health inspectors. "It is not easy to convince citizens not to hand over mixed waste to pourakarmikas. There are occasions where some residents got into arguments with us. We have been working with dedication and commitment but delay in disbursement of our salary demoralises us," a junior health inspector said.

**"The delay was due to some problems with the outsourcing agency. Now, all those issues are fixed**
–Harish Kumar K, BBMP

It is claimed the agreement made with an agency to get junior health inspectors has been cancelled due to some alleged irregularities. The BBMP has floated a tender inviting the bidders to bring in 215 junior health inspectors for the years 2023-24. The BBMP has also selected an agency for this purpose but it is yet to get administrative approval.

The junior health inspectors have to attend duty at 6 am daily to ensure segregation of waste at source.

BBMP Joint Commissioner (SWM) Dharmapal said that arrangements have been made to disburse the salary. "I have cleared the file pertaining to junior health inspectors' salary and sent it to the higher authorities for approval. They will receive their salary in a few days," Dharmapal said. When informed about this, BBMP Special Commissioner (SWM) Harish Kumar K said an agency has been selected for outsourcing the junior health inspectors. "The delay in disbursement of salary was due to some problems with the outsourcing agency. Now, those issues are fixed. The Joint Commissioner (SWM) has been entrusted to solve the problem," Harish Kumar said.

# BMTC buses set to grace Mysuru streets during Dasara

## KSRTC and BMTC collaborate to manage Dasara ridership: ban on Chamundi Hills at nighttime

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Get prepared for an unexpected sight! Bangalore Metropolitan Transport Corporation (BMTC) buses traversing the streets of Mysuru. Novel plans are in motion to deploy these city buses to the heritage city during the grand Dasara celebrations. This strategic move aims to accommodate the expected surge in ridership, primarily attributed to the recently introduced Shakti scheme that offers complimentary bus journeys to women. To accommodate the expected influx of passengers, KSRTC has requested the BMTC to allocate buses in Mysuru for the 10-day extravaganza.

B. Srinivas, Mysuru Divisional Controller of KSRTC, said, "We have requested the BMTC to temporarily provide 200 buses for KSRTC operations in Mysuru, to manage the surge in Dasara-related ridership demand."Drawing insights from the recent surge in pilgrim destinations, officials foresee a similar upsurge in Mysuru. The State Government's initiative to reimburse the cost of free travel has yielded positive results for the cash-strapped organisation, subsequently bolstering its revenue. The KSRTC's Mysuru division, which previously generated a daily revenue of Rs 1.3 crore, has witnessed a commendable increase to Rs 1.63 crore.

Moreover, the KSRTC has strategic plans to augment services on the vital Bengaluru-Mysuru route. In previous Dasara celebrations, around 240 additional buses would be drawn from neighbouring Mandya and Chamarajanagar divisions to accommodate the festive ridership. However, given the expected surge due to the Shakti scheme, the KSRTC is gearing up by preparing to introduce 300 additional buses on the Bengaluru-Mysuru route this time.

### Chamundi Hills night entry restricted for ecological balance

On the flip side, nocturnal travellers seeking to ascend the famed Chamundi Hills will find their plans disrupted. Starting from September 1, the forest department is implementing a prohibition on hillside journeys between 10 pm and 6 am. There have been many allegations that people head to the hills for partying or spending a night in the wild. Following this, the forest department is taking tough action.

Dr Basavaraja KN, Deputy Conservator of Forests, Mysuru Division, explained, "Travel to Chamundi Hills during the night hours will be prohibited, commencing from September 1, individuals disregarding this directive will face penalties. This measure is introduced to safeguard the ecological balance of the region. We earnestly request cooperation from the public."

> **"Travel to Chamundi Hills during the night hours will be prohibited, commencing from September 1, individuals ignoring directives will face penalties**
>
> –Dr Basavaraja KN

# Transition from NEP : Govt to set up panel

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The State Government which had earlier announced scrapping the National Education Policy (NEP) from next academic year will now form a committee to ensure smooth transit back to the old system. Deputy Chief Minister DK Shivakumar, speaking after an education policy meeting at Vidhana Soudha, outlined the government's intentions, stating, "Within a week, we will establish an expert committee on education to draft the Karnataka education policy, ensuring the welfare of the next generation. As pledged in our manifesto, we will rescind the Nagpur education policy. "Shivakumar emphasised, "Two of our ministers will advocate for the formation of this committee, which will shape Karnataka's education policy in alignment with the future growth of our youth. This aligns with our manifesto, and we stand by our commitments."

He criticised the rushed implementation of the NEP by the previous BJP government in 2021, highlighting the lack of proper infrastructure for its execution. "While the BJP government attempted to provide antiquated education, we are striving ahead in all aspects. The flawed Nagpur Education Policy has not been adopted in any BJP-ruled state, including Gujarat and Uttar Pradesh. Our children deserve a globally-oriented education, not an outdated approach."

The Deputy Chief Minister stressed the importance of commencing any educational policy at the primary level to accurately assess its merits and shortcomings. He also referred to the 2013-18 Siddaramaiah government's formulation of the Karnataka Education Policy through the Knowledge Commission, suggesting that its elements will be revisited. Addressing the stance of deemed universities, Shivakumar responded, "Upon the committee's establishment, we will seek input from education experts there and make informed decisions. Education falls under the state's jurisdiction, and we resist external interference."

# Jayanagar celebrates its 75th anniversary

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TWEETS @BangaloreMirror

A momentous occasion unfolded as Jayanagar, one of the City's most beloved neighbourhoods, celebrates its diamond jubilee. On August 20th, Jayanagar, one of Bengaluru's oldest and meticulously planned localities, marked its 75th anniversary with pride. Remarkably, Jayanagar was heralded as one of the first planned residential areas. It was established just a year after India gained independence. Its foundation was laid on August 20, 1948.

Reflecting on its evolution, M. Narasimha, the secretary of Bengaluru Darshan Prakashana Samiti, recalls, "During its early days, Jayanagar grappled with narrow roads and a swarm of mosquitoes. However, over the past five decades, it has undergone a remarkable transformation, emerging as one of the most upscale neighbourhoods. The collaborative efforts of BDA, Bangalore City Corporation, and Bengaluru Mahanagara Palike (BBMP) have been instrumental in this progress."

Today, Jayanagar stands as one of the most sought-after residential areas, boasting a spectrum of commercial establishments ranging from shopping malls and educational institutions to roadside eateries and upscale hotels. The locale also houses numerous places of worship, and its charming streets have become a customary spot for leisurely strolls, especially during weekends.

Comprising ten blocks numbered from one to nine, with an additional Fourth T Block (T signifying Tayappa Block), Jayanagar's third and fourth blocks have flourished as commercial hubs, while the remaining blocks

Jayanagar was heralded as one of the first planned residential areas

offer a blend of residential and commercial spaces.

This locality has also become home to a multitude of notable individuals, including film stars, politicians, IAS officers, and scientists, adding to its vibrant character.

The roots of Jayanagar trace back to a cluster of villages, with Kanakanapalya standing out as a prominent one. The name "Jayanagar" pays homage to the last Mysore Maharaja, Jayachamarajendra Wadiyar, symbolizing "victory city." Iconic landmarks like National College (founded in 1965), Nanda Theatre (constructed in 1969), and the popular City Library (established in 1968 near South End Circle) have contributed to shaping the essence of this locality over the years.

Residents who have witnessed Jayanagar's evolution firsthand share poignant memories. D. Sohan Lal Jain, an 88-year-old resident of Jayanagar 4th block, established his store, Sringar Clothing Emporium, in 1960, marking the area's first store. Over time, Sringar became synonymous with the area, even serving as a landmark for the bus stop. Notably, late actor Dr Rajkumar filmed scenes from "Bhagyada Bhagilu" in their store. He said, "The former administrator, N Lakshman Rao, of the Bangalore City Corporation, played a pivotal role in establishing parks and boosting Jayanagar's expansion. Our trader's association, which began with 122 members in 2002, has now grown to 320 members, mirroring the traders' expansion in the Jayanagar constituency."

Bharathi Girish, a 64-year-old musician and social worker from Jayanagar 9th block, fondly recalls the early days of the 9th block's development. Despite transformations in the landscape, the enduring sense of community and charm remain intact.

88-year-old B. R. Subramanyam, a retired LIC manager, resident of Jayanagar's 3rd block, said "Jayanagar was once a cluster of villages -Siddapura, Yediyur, Thayappanahalli, Byrasandra etc are some old village names which should be retained so that people remember the history of Jayanagar." The constituency has evolved in terms of infrastructure, yet its cultural roots and lush greenery remain intact.

Chandrayaan-3

# 'Welcome, buddy!': Talking on the moon

## 2-way communication established between Chandrayaan orbiter and lander

**#Bengaluru/New Delhi**

Ahead of its planned landing on the moon's untouched south pole on August 23, Chandrayaan-3's lander module has established a two-way communication with Chandrayaan-2's orbiter and the ISRO said on Monday all systems are working perfectly and no contingencies are anticipated.

The two-way contact potentially offers ground controllers more channels for communication with Chandrayaan-3.

"'Welcome, buddy!' Ch-2 orbiter formally welcomed Ch-3 LM(Lander Module). Two-way communication between the two is established. MOX has now more routes to reach the LM," the national space agency said in a post on 'X'. The MOX (Mission Operations Complex) is located at ISRO Telemetry, Tracking and Command Network (ISTRAC) in Bengaluru.

According to the Indian Space Research Organisation(ISRO), the LM Vikram with rover Pragyan in its belly is expected to touch down on the surface of the Moon around 6.04 pm on August 23. It also said the live telecast of the historic landing event will begin at 5.20 pm on that day.

The Chandrayaan-2 spacecraft comprising orbiter, lander and rover was launched in 2019. The lander with a rover inside crashed into the moon's surface, failing in its mission to achieve a soft-landing. The ISRO had said that due to the precise launch and orbital manoeuvres, the mission life of the Ch-2 orbiter is increased to seven years.

The ISRO also released images of the lunar far side area captured by the Lander Hazard Detection and Avoidance Camera (LHDAC). The camera assists in locating a safe landing area -- without boulders or deep trenches -- during the lander's descent.

School students at an exhibition on Chandrayaan 3 at Swaminarayan Gurukul Vishwavidya Pratishthanam (SGVP), in Ahmedabad on Monday

**The two-way contact potentially offers ground controllers more channels for communication with Chandrayaan-3**

The photos come a day after Russia's Luna-25 spacecraft crashed into the moon after spinning out of control, in a setback to Russia's space ambitions.

A success for Chandrayaan-3 would make India only the fourth country to successfully land on the moon, after the former USSR, the United States and China and the first to land on the treacherous lunar south pole. India's third lunar mission was launched on July 14 embarking on a more complicated 41-day voyage to the moon.

ISRO Chairman S Somanath called on the Union Minister of State (Independent Charge) Science and Technology Dr Jitendra Singh in New Delhi and apprised him of the health status and readiness of Chandrayaan-3 for the moon landing.

Somanath informed the minister that all systems are working perfectly and no contingencies are anticipated on Wednesday, according to an official release.

In the next two days, the health of Chandrayaan-3 will be continuously monitored, he said, adding the final sequence of landing will be loaded two days ahead and tested out. The mission life of the lander and rover is one lunar day or 14 earth days.

Referring to the expected touchdown, former ISRO chairman G Madhavan Nair said it's a very complex manoeuvre and one has to be cautious as all systems have to work in unison for its success.

Nair, who headed the space agency when Chandrayaan-1 mission was launched in 2008, said a successful landing would herald a big beginning for ISRO's next phase of planetary exploration.

"It's a very complex manoeuvre. We narrowly missed it (soft-landing on the Moon in Chandrayaan-2 mission) in the last two kilometres (above the lunar surface)," he told PTI. "So, there are a host of things that have to work in unison... thrusters, sensors, altimeters, computer software and all those things. Any glitch happening anywhere...we can be in trouble," Nair said. **PTI**

# Cauvery dispute hearing: SC to set up bench

## Matter was mentioned for urgent listing by TN's counsel

**#New Delhi**

The Supreme Court said on Monday it will constitute a bench to hear the decades-old dispute between Tamil Nadu and Karnataka over sharing Cauvery river water.

The matter was mentioned by the counsel representing Tamil Nadu for urgent listing before a bench comprising Chief Justice D Y Chandrachud and Justices J B Pardiwala and Manoj Misra.

Senior advocate Mukul Rohatgi, appearing for Tamil Nadu, said an application has been filed by the state seeking release of water for the month of August which has been ordered by the Cauvery Water Management Authority (CWMA).

Rohatgi told the apex court that a bench will have to be constituted to hear the matter.

"Today, I will constitute a bench," the CJI said.

On August 11, Tamil Nadu had said it had no other option but to approach the apex court to get its genuine share of Cauvery water.

It had contended that in a change of stand, Karnataka was prepared to release only a reduced quantum of 8,000 cusecs (cubic foot per second) every day.

Referring to the deliberations of the Cauvery Water Management Authority (CWMA) in the national capital in August, Tamil Nadu Water Resources Minister Duraimurugan had said the requirement for Cauvery water was emphatically put forth by state officials during the discussions.

"However, Karnataka as usual changed its stand and categorically said that it could only release 8,000 cusecs and that too only till August 22," he had said.

The minister had said it was unanimously decided at a meeting of the Cauvery Water Regulatory Committee on August 10 that 15,000 cusecs per day would be released by Karnataka to Tamil Nadu for 15 days.

**On Aug 11, Tamil Nadu had said it had no other option but to approach the apex court to get its share**

"Hence, the Tamil Nadu government has no other option but to approach the Supreme Court. Soon, a case will be filed in the apex court. Justice will win and we will get water and Chief Minister M K Stalin-led government is determined to get water," he had said.

The combined storage capacity of the four dams in Karnataka is 114.571 tmc ft (thousand million cubic feet) of water and it has 93.535 tmc storage, which is about 82 per cent, the minister had said.

Duraimurugan had alleged Karnataka does not 'have a heart' to share water with Tamil Nadu though it had enough water. **PTI**

# CM to V-Cs: Equip your students with scientific temperament

Chief Minister Siddaramaiah on Monday asked the vice chancellors of the state universities to equip graduates with a scientific temperament and rational thinking.

"What is the use of graduates equipped with ignorance, without scientific temperament and rational thinking, who come out of the universities? What use are they for the country, state and the society," the Chief Minister said while holding a meeting with vice chancellors of public universities and senior officials of Higher Education Department.

He said that the universities should equip graduates who will lead the country scientifically, intellectually, economically and in a civilised way.

"If they come out of universities filled with ignorance, they will not be useful for the country or state nor will they be useful for their own future," the Chief Minister said.

Vice chancellors of 32 public universities and senior officials of the higher education department participated in the meeting. Karnataka State Gross Enrollment Ratio (GER) is 36 per cent when compared to National GER which stands at 27.4 per cent.

**At meeting with vice chancellors and officials of education dept, CM cautions against spread of superstitions**

It was also decided, during the meeting, to set the aim to increase GER to 50 per cent by 2030.

The male GER stands at 34.8 per cent, female at 37.2 per cent, Scheduled Caste at 25.6 per cent and Scheduled Tribe at 23.4 per cent in Karnataka. Around 1.31 lakh students study in 32 universities in Karnataka. The Chief Minister directed to step up necessary measures and research to increase the enrollment ratio of students and improve the quality of education in districts like Chamarajanagar, Yadgiri, Hassan, Koppala, Kodagu etc. where GER rate is low. The Chief Minister also instructed to improve the quality of education in Mysore University, which is the oldest and the first university of the state.

### Laptops to SC/ST students

Siddaramaiah also instructed officials to distribute laptops to Scheduled Caste and Scheduled Tribe students of universities under SCSP/TSP. This decision was made in a meeting of Vice Chancellors of universities under the purview of the state government and senior officials of the higher education department. The CM instructed P Manivannan, Principal Secretary, Social Welfare Department, to provide Rs. 230 crore for this purpose. **—IANS**

# Release special grants, state specific grants: Siddaramaiah writes to Sitaraman

Karnataka Chief Minister Siddaramaiah has written to the Minister for Finance Nirmala Sitaraman to release special grants and state specific grants as recommended by the 15th Finance Commission.

The letter dated August 19 reads: "The 15th Finance Commission has reduced Karnataka's share in tax devolution to 3.647 per cent of the divisible pool for the term 2020-21 to 2025-26 from 4.71 per cent recommended by the 14th Finance Commission. Karnataka has seen the steepest cut of 23 per cent because of the reduction in the devolution share.

"Karnataka has lost out heavily on the Income-Distance criteria adopted by the commission. The introduction of new methodology for compilation of GSDP has dramatically raised State's GSDP in 2011-12 series by over 30 per cent as against average increase of less than nine per cent for all States put together.

"The increase in GSDP at absolute level was similarly reflected in a step up in per capita income affecting the standing of State. If affected the share of State in Income-Distance parameter from 4.2 per cent as per the 14th Finance Commission to 1.1 per cent. This alone dragged the devolution share of the State from 4.71 per cent

awarded by the 14th Finance Commission to 3.64 per cent awarded by 15th Finance Commission.

"Even though the IT related services contribution has increased the GSDP of the State significantly in the 2011-12 series, there is no corresponding contribution of these services to the State taxes as exports of IT services are zero rated. "The decrease in tax devolution share to Karnataka by 15th Finance Commission when compared with 14th Finance Commission recommendation, has decreased the total tax devolution to State by Rs 37,011 crore in the past four years, from FY 2020-21 to FY 2023-24."

The letter also mentions that the 15th Finance Commission in its report for 2020-21 has recommended Rs 5,495 crore to Karnataka as Special Grants for 2020-21. But the Government of India has not considered the Commission's recommendation.

"In the final report for 2021-26, the Commission awarded State Specific grants of Rs 6,000 crores to Karnataka for Holistic Improvement of Water bodies of Bengaluru and for Peripheral Ring Road. However, Government of India in its explanatory memorandum has said that 'keeping in view the united resources with the State governments and the fiscal commitments of the Central Government, due consideration will be given to the recommendation on Special Grants," the letter read.

It said that however, no grants have been released so far to the State of Karnataka and this has been a major setback to the State Fiscal Position which is already strained due to severe cut in tax devolution.

"Considering the serious fiscal constraints of the State on account of decreased devolution, I request you to kindly accept the recommendation of the Commission on Special Grants and State Specific Grants and release it to the State on utmost priority," reads the letter. **IANS**


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personal

CHANGE OF NAME

**I,** Abhinaya S Rao D/o Dr. S. Hemachandra Shetty, R/o Haralur Road, Bangalore 560102, Karnataka. I have changed my minor son name from Vyasa Rao to Vyasa Shetty Rao and he shall hereafter be known as Vyasa Shetty Rao for all future purposes.

**I,** Abhinaya S Rao D/o Dr. S. Hemachandra Shetty, R/o Haralur Road, Bangalore 560102, Karnataka. I have changed my minor son name from Varun Rao to Varun Shetty Rao and he shall hereafter be known as Varun Shetty Rao for all future purposes.

**I** Sabira Abdul Kader Abdulla W/O, Abdulla Abdul Kader R/o A11,pradhan Pelican,btm 6th Stg, avanishringeri Nagar, nyanappanahalli, hulimavu, begur, bengaluru-560068 have changed my name to Sabira Abdul Kader Shaikh.

**I,** Aishwarya R/o Flat No 9247 Tower-9 24th Floor Prestige Song of the South Begur Road Yellenahalli Akshayanagar B'luru-560068 have changed my name to Aishwarya Naresh Gulabani for all Purposes.

**I,** Pawan Hegde K, S/o Divakar Hegde, R/o No.195, 6B Cross 2nd Main, Vijaya Bank Layout, Bilekahalli, Bengaluru, Karnataka, 560076, changed my name to Pawan Heggade for all purpose vide affidavit IN-KA58764127869616V dated 17/08/2023

**I,** S Santhosh Kumar S/o PNR Sampath R/o 196, Pawan Homes,1st Cross Street, Naidu Layout, Shanthipura, Electronic City Phase 2, Bangalore-560100, have changed my minor son's name about 3 years, from S S Sai Amizhthiniyan to Amizhthiniyan S

**I,** SUNIL KUMAR F, S/o Francis, R/o no.06, 1st Main, A Street, Mysore Road, New Gudadahalli, Bangalore-560026 have changed my name form JESU RAJ to SUNIL KUMAR F vide affidavit dated 21/08/2022 sworn before notary Venkatramu H G, Bangalore.

**I** Nur Sabha D/O Ahamed Umar Galaria R/O Koushik Residency Bangalore have changed my name from Nursabha Galaria to Nur Sabha for all future purposes

**I** TAJUNNISSA HUSSAIN W/o CHAN PASHA R/o No 36 Thagachaguppe Ramangar District Bengaluru Rural 60 have changed my name to TAJ UNNISA for all purposes

**I,** Irshad Ahmed Khan R/o No-1 I J Cottage VST Road , Banaswadi Railway Station Lingaraj puram Bangalore - 560084 have changed my name to Irshad khan for all purposes.

GALLERIA

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Post Graduation Diploma in Information Technology
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# 'Most 2-wheeler EV owners charge their vehicle at home'

CONTINUED FROM PAGE 1

of the personal EV owners utilise public charging infrastructure for their regular charging needs. "In the absence of affordable public charging options, these EV owners might opt for home charging.

However, a significant portion of commercial EV users depend on public charging stations for their regular charging needs, owing to their need to top-up charge during their operations and/or a lack of charging facilities at their base locations. Most charging systems set up by private players have fast charging units, which are capital-intensive and thus warrant paid services."

According to Ravuri, the EV infra set-up by the government has slow charging systems. "This may discourage EV users from making a shift from private options to public ones. The increased cost of charging by private players could marginally increase the overall operational cost of EVs. However, despite the increase in charging costs, EVs will remain more cost-effective than conventional vehicles," she said.

She added that the challenge for EV users is the availability of fast chargers for top-up charging that would take the same time as refuelling conventional vehicles. "Government-owned public charging stations typically have slow chargers, which deters most EV users from using them. The availability and visibility of public charging facilities at suitable locations are important challenges to be considered," she said.

Some experts noted that the challenge was to ensure sufficient access to charging and ultimately achieve the target ratio of 1 charger per 10 vehicles. "Personal EV users would benefit from increased access to affordable residential charging through fast-tracked meter provisions. In the case of commercial users, strategically locating charging stations near restaurants and grocery stores and at transport hubs is crucial," she added.

However, Ravuri added that to retain sustainability, instead of providing energy subsidies, BESCOM could contemplate implementing a cap on electricity tariffs in the coming years to guarantee affordable access to charging facilities.

Recently, BESCOM announced that it would set up 530 new EV charging stations under the PPP model.

Experts note that considering the cost of charging EVs is considerably lower than refuelling ICE vehicles, convenience would play a greater role in adoption.

"Apart from private original equipment manufacturers (OEMs), most players have been charging for their services. It's early to comment on a major shift to government-owned public infrastructure. Factors affecting the shift would be dependent on cost-competitive pricing and location over thriftiness. Another factor that could greatly impact the shift is the operations and maintenance of existing infrastructure to ensure reliability. Without reliability, there could be lower adoption," said Chaitanya Kanuri, Associate Director-E-Mobility, WRI India.

**HEALTH TIP:** Sour fruits are packed with antioxidants, such as flavonoids and polyphenols, which help neutralise harmful free radicals in the body

Certain herbal teas, such as chamomile, peppermint and ginger, have calming properties and can help alleviate stress and anxiety

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# GIVE THEM A BREAK

## How the tourism industry – and other travellers – can help families of autistic children

Going on a family holiday is not always a relaxing experience. It can involve traffic jams, airport queues and stress. Even so, most of us look forward to going away for the change of scenery and break from our everyday routines.

For autistic children, though, these changes in environment and routine can be difficult to cope with. And our research suggests that this can make their family holidays extremely fraught affairs.

Some of the British parents we spoke to said the challenges of taking their autistic children away on holiday were so great that they would only go on short trips (35 per cent only ever spent one or two nights away). Many did their best to avoid peak travel times and other situations in which their child might become overstimulated.

A large majority (over 80 per cent) only ever took their holidays in the UK, rather than going abroad. Some said they chose not to go away on holiday at all, and took day trips instead to avoid overnight stays.

Many told us that having an autistic child had a significant effect on when, where and how they took family holidays. One parent commented: "I need a holiday myself by the time I get back from having my son full-time on my own."

Another said their latest holiday was so "traumatic [that it] made us cancel a future holiday and put us off trying to go again".

### Reactions of other holidaymakers

Overall, our research found several common reasons why parents found it difficult to take their autistic children away on a family holiday. We were surprised to learn that the biggest factor was the reactions of other holidaymakers to their child's behaviour.

Autistic children can often become anxious when they encounter new and unfamiliar stimuli, which of course come thick and fast on holiday. And when an autistic child becomes overwhelmed by anxiety, they may become visibly upset or engage in something known as self-stimulating behaviour, or "stimming", which can involve things like rocking in a seat, flapping hands, banging toys together, or pacing up and down.

Some parents (from a sample of 295 families with autistic children) told us this was often interpreted by others as "bad behaviour", and that they felt judged for not being able to control their offspring.

Nearly half of the parents in our survey considered interactions with other holidaymakers to be a difficult aspect of travelling with an autistic child. Many of these said that other holidaymakers seemed to lack understanding or empathy for their child's condition. Some would glare, while others even scolded the child themselves.

### Avoiding triggers

Going on excursions or to events was another stressful part of holidays, according to our survey participants. Many chose to avoid them and stay close to their accommodation throughout their trip.

But this then raised another issue which came up frequently – how to entertain an autistic child's siblings. Some autistic children, for example, can be sensitive to loud noises, bright lights and strong smells – which may well feature in the kinds of places their siblings find exciting and want to visit. As one mother explained: "The holiday is supposed to be for the whole family, but my whole time is spent calming and attending to my autistic daughter due to her heightened struggles on holiday. My younger child and other family members do not have the holiday [they expect to have]."

Parents also mentioned that while the travel industry as a whole seems to have made significant gains in terms of meeting the needs of people with mobility issues, those with other needs are poorly served by comparison.

Some said that things like quiet spaces at airports or fast-track queues at amusement parks would be extremely helpful. Alternative ideas included the provision of noise-cancelling headphones on flights, and weighted blankets and blackout blinds in hotels.

Other holidaymakers can also do a lot to help. As fellow travellers, and often fellow parents, we need to be more aware of the challenges that taking an autistic child on holiday can involve.

Our research strongly suggests that a more tolerant attitude towards the behaviour of autistic children, and a greater degree of empathy with their parents, would go a long way to helping the whole family get the break they deserve.

*(By Brian Garrod, Swansea University, Allan Jepson, University of Hertfordshire, and Raphaela Stadler, MCI Management Centre Innsbruck, The Conversation)*

## MIRRORLIGHTS

### Recreational nitrous oxide use not a laughing matter: Study

Nitrous oxide, a popular recreational drug particularly among teenagers, can result in serious and sometimes permanent neurological defects.

A new review published in the Canadian Medical Association Journal aims to assist clinicians in recognising signs of nitrous oxide toxicity.

In the 2021 Global Drug Survey, 10 per cent of all respondents, and 15 per cent of Canadian respondents, indicated having used the drug in the previous year.

"The low cost of and ease of access to nitrous oxide make it a popular recreational drug, especially among younger people," wrote Dr Cyrille De Halleux, a specialist in internal medicine, critical care and resident at The Hospital for Sick Children (SickKids) and chief fellow in the Division of Clinical Pharmacology and Toxicology at the University of Toronto, Toronto, Ontario.

Chronic use of nitrous oxide

can cause functional vitamin B12 deficiency, which can result in long-term health effects, especially neurological consequences.

The three most common presentations of toxicity are damage to the spinal cord (myelopathy), nerve damage affecting strength and sensation (neuropathy) and behavioural abnormalities (encephalopathy). Treatment includes stopping the use of the substance, vitamin B12 supplementation and methionine.

"Clinicians should enquire about nitrous oxide use in patients with unexplained findings suggestive of vitamin B12 deficiency or other compatible neurologic symptoms," the authors concluded. —ANI

## MIND, BODY & HEART

### All you need to know about...

*Covid and BP*

**High BP issues**
Covid-19, caused by SARS-CoV-2 virus, is significantly associated with the development of high blood pressure in adults with pre-existing heart conditions, finds new study based on analysis of electronic medical records of more than 45,000 people.

**Can it trigger high BP?**
"While Covid-19 is typically more severe in patients with preexisting high blood pressure, including higher rates of hospitalisation and mortality compared to people with normal blood pressure, it is unknown whether the SARS-CoV-2 virus may trigger the development of high blood pressure or worsen pre-existing hypertension," said Tim Q Duong, Professor of radiology at Albert Einstein College of Medicine and Montefiore Health System in New York City.

**What is hypertension?**
Hypertension is classified as having top and bottom numbers greater than or equal to 130/80 mm Hg.

**Links observed**
People hospitalised for Covid were more than twice as likely and those not hospitalised are 1.5 times more likely to develop persistent hypertension compared to people hospitalised and non-hospitalised with flu. People infected with SARS-CoV-2 who were over 40 years old, or those with preexisting conditions, such as chronic obstructive pulmonary disease, coronary artery disease or chronic kidney disease, had an elevated risk of developing high BP. Persistent high BP was more common among people infected with SARS-CoV-2 who were treated with vasopressor and corticosteroid medications during the pandemic. Isolation, stress, reduced physical activity, unhealthy diet and weight gain during the pandemic may have led to the development of high BP, the researchers said. —IANS

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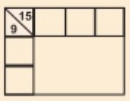
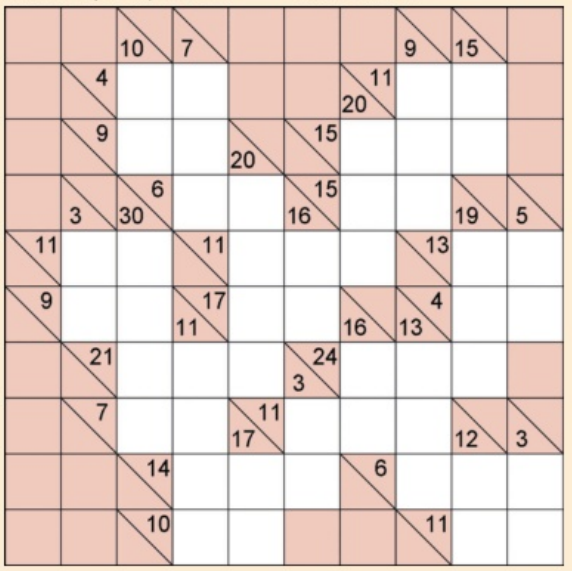
## Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

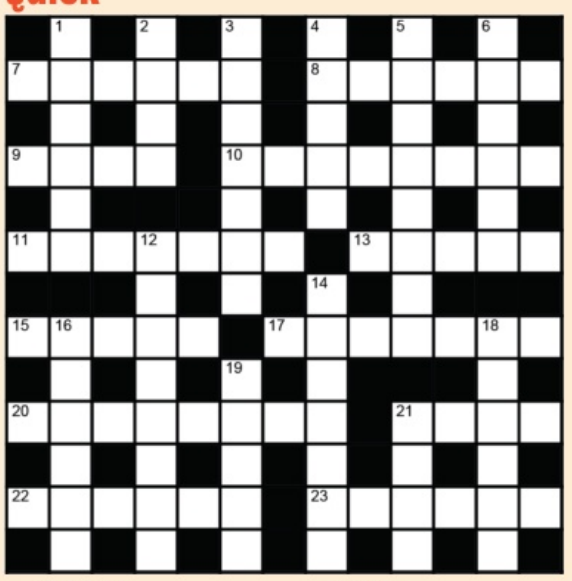



for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



## Quick



**ACROSS**

7 Suffer or be punished? (3,3)
8 Of rain, poured down (6)
9 Duo (4)
10 Ball-game target? (8)
11 Nunnery (7)
13 ___ on : is nourished or strengthened by? (5)
15 Rome is its capital (5)
17 Curative treatment (7)
20 Old San Francisco jail (8)
21 Scottish island (4)
22 Wading birds (6)
23 Short-sightedness? (6)

**DOWN**

1 A large stone basin in many medieval monasteries (6)
2 A long way off (4)
3 Mythical monsters (7)
4 Burgle (5)
5 It has 366 days (4,4)
6 Became taut and high-strung (6)
12 Etna, Kilimanjaro et al.? (8)
14 Underground stem (7)
16 Cultivated the land (6)
18 Learned man in India (6)
19 144 in number or quantity (5)
21 Multiplex at Garuda Mall (4)

## Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

**Today's CLUE: A EQUALS D**

V KMGKJO WVSA VR HIXB AVW-WVQFMR RI OKJ RNB RNVSZO V HBKS RNKS RNB RNVSZO V AIS'R

**Linemaro**

I want to be the one who will memorise the things you say as well as the shape of your lips when you say them

**Mindchow**

Wisdom begins in wonder

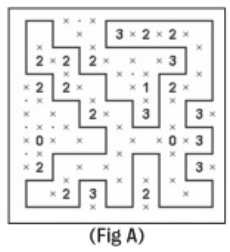
**Joke of the day**

Never give up on your dreams. Keep sleeping

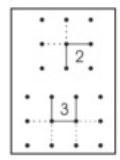
## Loop

### Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

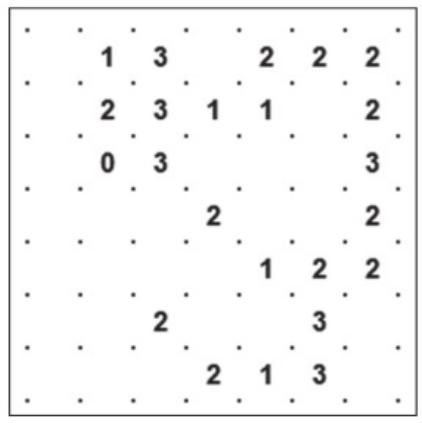


(Fig B) Not Allowed

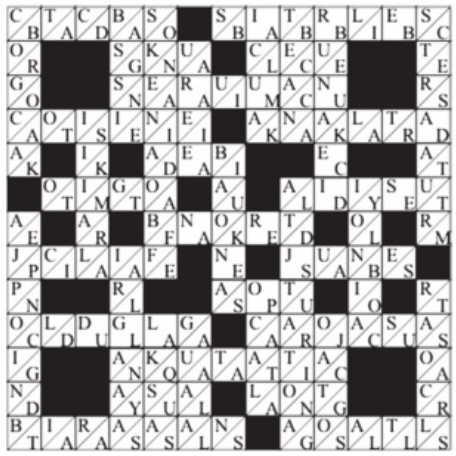
### How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



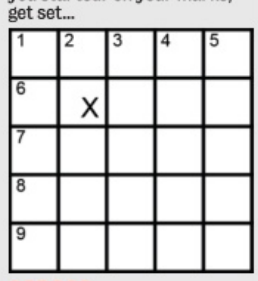
## Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

## Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



**ACROSS**

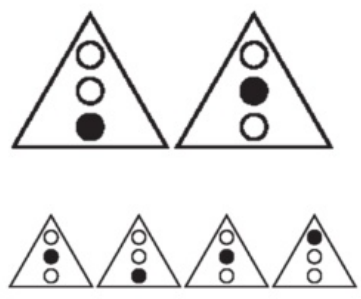
1 At arc; 6 Exons;
7 CID at; 8 A tree;
9 Scold

**DOWN**

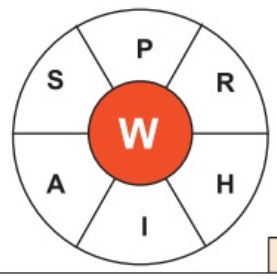
1 C code; 2 Ax Ali;
3 Or etc; 4 Dante;
5 Stars

## Mensapuzzle

Draw the missing figure in the above sequence.



## Bull's eye




How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

06 Average; 07 Good; 09 Outstanding

## SudokuChallenge

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 7 | 2 | | 3 | 9 | | |
| 5 | 4 | | | | | | 2 | 8 |
| | | 8 | | | | 6 | | |
| 8 | | | 5 | | 6 | | | 7 |
| | | 1 | | 9 | | 8 | | |
| 9 | | | 8 | | 7 | | | 3 |
| | | 2 | | | | 3 | | |
| 1 | 7 | | | | | | 6 | 2 |
| | | 5 | 9 | | 2 | 1 | | |

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

## Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

**Easy** = 7

4 7 9 9

**Medium** = 21

2 7 8 8

**Hard** = 12

4 7 9 7

## Hocusfocus

Find at least six differences in details between panels.

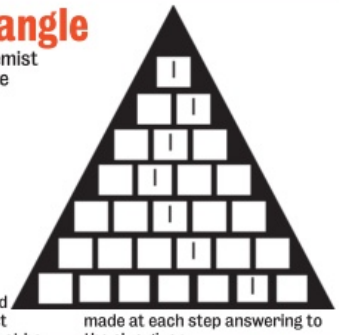
Differences: 1. Hand is moved. 2. Sleeve is shorter. 3. Fish is lower. 4. Nose is different. 5. Collar is different. 6. Woman's hair is different.

## Riddler

A clock loses exactly ten minutes every hour. If the clock is set correctly at noon, what is the correct time when the clock reads 3:00 pm?

## Alpha triangle

1 Iodine for the chemist
2 51 in ancient Rome
3 Golf shot
4 African river
5 Star Trek extra
6 Pardonable
7 _ throw: Neeraj Chopra's forte

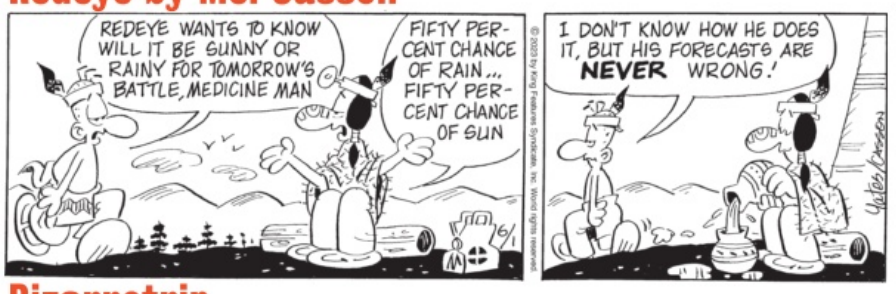


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

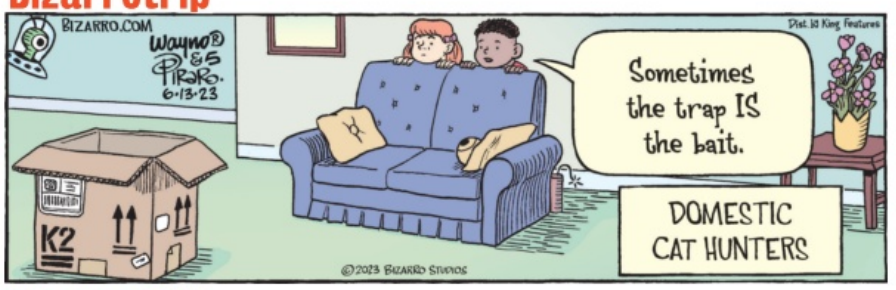

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

# COMICS

## Redeye by Mel Casson


REDEYE WANTS TO KNOW WILL IT BE SUNNY OR RAINY FOR TOMORROW'S BATTLE, MEDICINE MAN
FIFTY PERCENT CHANCE OF RAIN... FIFTY PERCENT CHANCE OF SUN
I DON'T KNOW HOW HE DOES IT, BUT HIS FORECASTS ARE NEVER WRONG!

## Bizarrotrip




## Diamond Lil

And now, a message from the National Council on Texas Hairstyles:
HOWDY-DO
This has been a message from the National Council on Texas Hairstyles.
©2023 creators.com 6/13
www.creators.com

## Hart of the city

MY MOMS ASKED IF I WANTED TO SKIP A GRADE.
WHAT?! NO!!
I HAVEN'T GIVEN THEM AN ANSWER YET!
THE QUESTION IS SHOCKING ENOUGH!
HEART OF THE CITY © 2023 ANDREWS MCMEEL
6/17

## Crankshaft

DOES ANYONE NEED A REFILL?
YOU MUST HAVE READ MY COFFEE LEAVES!
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BATIUK & DAVIS
6-9

## Mutts

IT'S BEEN SAID THAT A BUTTERFLY FLAPPING ITS WINGS IN BRAZIL CAN PRODUCE A TORNADO IN TEXAS!
HEY! IT'S NOT ALL BAD. HERE, WATCH THIS!
FLAP FLAP
A LABRADOODLE IN TUSCALOOSA JUST ENJOYED A NICE BREEZE.
mutts.com
6-13

# WHAT YOUR STARS SAY TODAY

**Aries** Mar 21 – Apr 20
Today your communication skills may help you in terms of professional front. You are likely to be more polite with everyone around you, which may help you to speed up your projects. Love birds are likely to exchange their views with each other, which may make some foundation of their relationship.

**Taurus** Apr 21 – May 20
Today you are blessed by the moon. New partnerships may give you benefits. Your energy level is likely to be high. Your hard work and enthusiasm may pay you off in terms of financial gains. Self respect may protect you from negative people around you.

**Gemini** May 21 – Jun 21
Today you may feel dullness and unhappiness. You are advised to avoid harsh conversation with friends and family members. You may also not be able to get proper reciprocation of your hard work. Need to follow your intuition. Advised to keep patience while taking some important decisions.

**Cancer** Jun 22 – July 23
Today new sources of income are likely to be opened. Your past investments may give you a good profit, which will boost your bank balance. You are likely to connect with a social organisation, which will increase your network. Singles may find a soul mate in terms of marriage. Love birds may enjoy their happy moments.

**Leo** Jul 24 – Aug 23
Today you may be in a hurry. You are advised to drive safely. But with the blessing of the elders, you may come out of the messy situation. You may expect to handle many things together, where your patience may help you to get success. You may expect some positive results in new partnerships. Love birds may enjoy their happy moments. Job seekers may find suitable jobs.

**Virgo** Aug 24 – Sep 23
Today's blessing from the elders may make you confident. You can follow your intuition before taking any initiatives, which may help you at work. Your intuition may help to gain more in terms of finance. You are likely to visit some religious place with your family members. You must control your arrogance to enjoy your domestic life. Students may expect good results with the help of destiny.

**Libra** Sep 24 – Oct 22
Today you may expect some instant gains in your business, which may boost your confidence level as well as bank balance. Advised to avoid stress in domestic life. There would be some momentum at the business and work front. Your prestige may be increased. You may also plan for an overseas trip.

**Scorpio** Oct 23 – Nov 22
Today things would not be favourable. You may feel dull and unhappy. Some mysterious fear may make you upset. You are likely to be attracted to the occult. You may feel a lack of confidence, which may affect your work. It is to avoid rash driving and risky adventure tours.

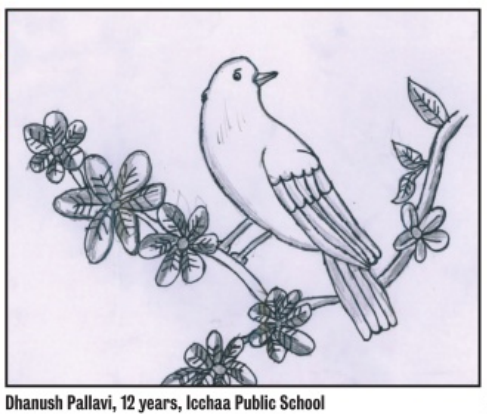
**Sagittarius** Nov 23 – Dec 22
Today you may be able to make a balance between your earnings and expenses, which may boost your bank balance. You are likely to perform better in your job. Your boss can give you new responsibilities in terms of promotions. You may get back your money which was stuck. You may be able to control your opponents and hidden enemies.

**Capricorn** Dec 23 – Jan 20
Today you are blessed by the moon. Love would be in the air in terms of personal life. Singles may find suitable matches. You may do better in terms of professional life. Your friends and subordinate staff are likely to support you.

**Aquarius** Jan 21 – Feb 19
Today you may feel dull due to sleeplessness; you may be scattered towards your goals, which may affect your working efficiency. You may plan to visit some religious place. But in the late evening, you may be blessed by your elders; you may find out your mistakes and may make a good plan for the coming day. You are advised to take care of your parent's health.

**Pisces** Feb 20 – Mar 20
Today your subordinate staff may be cooperative; it may help you to complete postponed projects. You are likely to join some social event, which may boost your network; it may help you in your work or social life. You may plan to go for an outing with friends. Some disputes with friends may be settled now. Students are advised to avoid carelessness.

## KIDZONE



Dhanush Pallavi, 12 years, Icchaa Public School

Gowri Darshan Bhatta, 10 years, BASIS School, Austin, Texas, USA

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

## SOLUTIONS

**RIDDLER**
3:36pm. For every 60 minutes of real time, the clock moves 50 minutes. Put another way, 60/50 = 1.2 real minutes per slow-clock minute. In order for the clock to show 3:00pm, 180 of its slow minutes have to pass. 1.2 * 180 clock minutes = 216 real minutes or 3 hours and 36 minutes.

**BULL'S EYE**
swap, warp, WARSHIP, wash, wasp, whip, wish, wisp, wrap

**FAST FIVE**

| | | | | |
|---|---|---|---|---|
| C | A | R | A | T |
| O | X | E | N | S |
| D | I | C | T | A |
| E | A | T | E | R |
| C | L | O | D | S |

**STRIKE OUT**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| C | A | C | A | O | ■ | B | A | B | B | L | E | S | ■ | ■ |
| O | ■ | N | A | R | I | M | A | N | ■ | R | ■ | ■ | ■ | ■ |
| C | O | S | I | N | E | ■ | A | N | K | A | R | A | ■ | ■ |
| R | ■ | G | N | U | ■ | L | E | U | ■ | T | ■ | ■ | ■ | ■ |
| R | ■ | D | A | B | ■ | E | ■ | T | ■ | T | ■ | ■ | ■ | ■ |
| A | ■ | R | F | A | K | E | D | ■ | O | M | ■ | ■ | ■ | ■ |
| P | I | L | A | F | E | ■ | J | U | N | E | ■ | ■ | ■ | ■ |
| P | ■ | L | ■ | S | O | U | ■ | I | ■ | T | ■ | ■ | ■ | ■ |
| I | ■ | A | Q | U | A | T | I | C | ■ | A | ■ | ■ | ■ | ■ |
| O | L | D | L | A | G | ■ | C | R | O | C | U | S | ■ | ■ |
| I | ■ | A | ■ | T | R | A | Z | ■ | I | O | N | A | ■ | ■ |
| A | L | C | A | T | R | A | Z | ■ | I | O | N | A | ■ | ■ |
| I | ■ | C | ■ | G | ■ | I | ■ | A | ■ | ■ | ■ | ■ | ■ | ■ |
| I | T | A | L | Y | ■ | T | H | E | R | A | P | Y | ■ | ■ |
| A | ■ | R | ■ | S | ■ | R | ■ | A | ■ | ■ | ■ | ■ | ■ | ■ |
| C | O | N | V | E | N | T | ■ | F | E | E | D | S | ■ | ■ |
| P | A | I | R | ■ | O | ■ | L | ■ | Y | ■ | E | ■ | ■ | ■ |
| P | A | Y | F | O | R | ■ | G | O | A | L | P | O | S | T |
| V | ■ | A | ■ | A | ■ | E | ■ | A | ■ | N | ■ | ■ | ■ | ■ |
| P | A | Y | ■ | A | ■ | D | ■ | L | ■ | T | ■ | ■ | ■ | ■ |

**QUICK**

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| D | ■ | S | ■ | S | ■ | E | ■ | X | ■ | T | ■ | ■ | ■ | ■ |
| H | E | R | O | N | S | ■ | M | Y | O | P | I | A | ■ | ■ |
| L | ■ | N | ■ | O | ■ | O | ■ | N | ■ | D | ■ | ■ | ■ | ■ |
| A | L | C | A | T | R | A | Z | ■ | I | O | N | A | ■ | ■ |
| I | ■ | C | ■ | G | ■ | I | ■ | A | ■ | ■ | ■ | ■ | ■ | ■ |
| I | T | A | L | Y | ■ | T | H | E | R | A | P | Y | ■ | ■ |
| A | ■ | R | ■ | S | ■ | R | ■ | A | ■ | ■ | ■ | ■ | ■ | ■ |
| C | O | N | V | E | N | T | ■ | F | E | E | D | S | ■ | ■ |
| P | A | I | R | ■ | O | ■ | L | ■ | Y | ■ | E | ■ | ■ | ■ |
| P | A | Y | F | O | R | ■ | G | O | A | L | P | O | S | T |
| V | ■ | A | ■ | A | ■ | E | ■ | A | ■ | N | ■ | ■ | ■ | ■ |
| P | A | Y | ■ | A | ■ | D | ■ | L | ■ | T | ■ | ■ | ■ | ■ |

**MENSA PUZZLE**
The black dot is moving up (then down) by one position at each stage.

**QUOTE UNCODE** I always find it more difficult to say the things I mean than the things I don't

**SOLVE IN 1M**
(20/100)×(20/100)×200=
(1/5)×(1/5)×200=
(1/25)×200=8

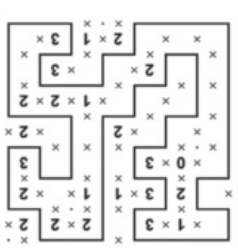
**SUDOKU**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 1 | 7 | 2 | 8 | 3 | 9 | 4 | 5 |
| 5 | 4 | 3 | 1 | 6 | 9 | 7 | 2 | 8 |
| 2 | 9 | 8 | 7 | 4 | 5 | 6 | 3 | 1 |
| 9 | 5 | 6 | 8 | 2 | 7 | 4 | 1 | 3 |
| 4 | 8 | 2 | 6 | 5 | 1 | 3 | 7 | 9 |
| 1 | 7 | 9 | 4 | 3 | 8 | 5 | 6 | 2 |
| 8 | 3 | 4 | 5 | 1 | 6 | 2 | 9 | 7 |
| 7 | 2 | 1 | 3 | 9 | 4 | 8 | 5 | 6 |
| 3 | 6 | 5 | 9 | 7 | 2 | 1 | 8 | 4 |

**ALPHA TRIANGLE**
I, LI, Lie, Nile, Alien, Venial, Javelin.

**GO FIGURE**
Easy
9 + 9 − 4 − 7 = 7
Medium
7 + 8 + 8 − 2 = 21
Hard
7 x 4 − 9 − 7 = 12

**LOOP**

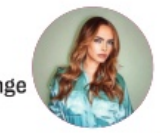


**KAKURO**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 9 | 4 | 1 | 3 | 7 | 6 | 8 | 5 |
| 1 | 3 | 2 | 9 | 8 | 5 | 7 | 4 | 6 |
| 9 | 8 | 6 | 4 | 7 | 2 | 5 | 1 | 3 |
| 3 | 5 | 7 | 6 | 1 | 4 | 2 | 9 | 8 |
| 4 | 6 | 1 | 5 | 2 | 8 | 3 | 7 | 9 |
| 8 | 2 | 9 | 3 | 6 | 1 | 4 | 5 | 7 |
| 6 | 7 | 5 | 8 | 9 | 3 | 1 | 2 | 4 |
| 5 | 1 | 8 | 7 | 4 | 6 | 9 | 3 | 2 |
| 7 | 4 | 3 | 2 | 5 | 9 | 8 | 6 | 1 |

Volume No 16, Issue No 44 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011 and printed by him at Bennett Coleman & Co Ltd., The Times of India Press, No. 9/10/11-A, 4th Main, KIADB Bommasandra Industrial Area, Anekal Taluk, Bangalore - 560 099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru - 560 011, Email : mybangaloremirror@timesgroup.com Editor : Ms. Seena Menon - responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

**Cara Delevingne wants to become a film director**
Model-actress Cara Delevingne recently directed the video for Renee Rapp's debut single "Pretty Girls" and has decided she wants to challenge herself by moving on to feature films



# A NEW DIRECTION

## Disha Patani on taking up director's role

Actress Disha Patani, who stepped into the director's shoes with her newly dropped music video 'Kyun Karu Fikar', said that it has helped her express herself and that it was an exciting challenge to shift the perspective.

> **It was an exciting challenge to shift the perspective from being in front of the camera to being the one behind it**
> –Disha Patani

Along with directing the video, the actress stars in it. As for the messaging of the music video it is extremely meaningful and talks about how one should be carefree of all the judgements of the world and to just focus on themselves and not to be bothered by what others have to say to put you down.

"I am feeling an extreme sense of satisfaction and happiness to have finally put out a part of me, with 'Kyun Karu Fikar'. It has helped me express myself, in a very different way by taking on the role of a director also, this time," Disha said.

She added: "It was an exciting challenge to shift the perspective from being in front of the camera to being the one behind it as well. I am so grateful to the entire team who was a part of it and believed in my vision. I hope people relate to the message of being free from the perception of the world and focus on self love."

It's a very cheerful and empowering song and has a very international pop feeling to it while also giving us major K- Pop vibes.

On the professional front, Disha Patani will be seen in two pan-Indian films, 'Kalki 2898 AD' and 'Kanguva'. Additionally, she is also a part of 'Yodha' opposite Siddharth Malhotra."

—IANS

## Anyone with a good script?

Actress Kareena Kapoor Khan on Monday opened up on working with Alia Bhatt, saying that she will work if there is a great script.

Kareena was in Delhi for an event. She was wearing an emerald green coloured kaftan style satin dress, with a multicoloured belt and paired it with beige heels. She opted for neutral makeup, nude lips, straight hair and golden earrings.

Talking to media persons, Kareena spoke on working with her sister-in-law Alia. Recently, Alia had shared fun pictures with the 'Jab We Met' fame actress, and captioned it as: "Can someone please cast us in a film together."

Alia is married to Kareena's cousin and actor Ranbir Kapoor. Speaking on the same, Kareena said: "There are so many great directors out there, whoever has a great script. I think nowadays it's more about the content and script, so I think anyone who has a great script."

Kareena also spoke about 'Gadar 2', saying that she hasn't watched the film yet. "I am very happy for the entire cast who worked so hard in 'Gadar 2'. I am a huge fan of the first part of 'Gadar'. I haven't had the opportunity to see the movie, but I would definitely love to see it, and bring back all the memories the first part had," she added. —IANS

## 'Scared little girl' Sam

Actress Samantha Ruth Prabhu has shared a heartfelt note from the Independence Day Parade at New York and revealed that she started her career when she shot for her first film at The Big Apple.

Taking to Instagram, Samantha shared pictures of herself from the Independence Day Parade happening in New York. The actress was seen wearing this exquisite attire from Ritu Kumar making sure to turn all heads round.

Attaching them with a heartfelt and emotional note, Samantha expresses how the city of New York is extremely special for her. From shooting her first film there to now making headlines with everyone cheering for the actress, she has definitely come a long way and we couldn't be more proud and happier.

"They say New York is where dreams are made. I started my career when u shot for my first film here.....A scared little girl without a clue about how she was going to make it...but daring enough to dream the big dream! Today, 14 years later...." she captioned the images.

Samantha made her acting debut in the Telugu romance film Ye Maaya Chesave in 2010. She was then seen in the films Neethaane En Ponvasantham, Eega, Dookudu, Seethamma Vakitlo Sirimalle Chettu, Attarintiki Daredi, Kaththi, Theri, 24, Mersal, and Rangasthalam, Mahanati, Super Deluxe and Majili.

Currently, the actress is taking a break from work as she is taking care of her health after being diagnosed with an auto-immune disease myositis. On the work front, her film 'Kushi' with Vijay Devarakonda is all set to release next month. —IANS

## SANDALWOOD SHOTS
Y MAHESWARA REDDY

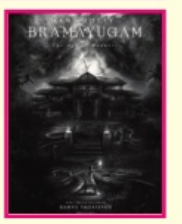
### Advocate to director

Suresh DM is an advocate who has now turned producer and director with his debut directorial Chola. The positive response to the teaser of the movie that was released a few days ago has excited Suresh.

"Around 70 percent of the shoot is completed. It was shot at Ballari and other locations. The movie has five songs and music is scored by Loy Valentine Saldanha who has worked as music director for Tulu movie Circus," says Suresh.

Suresh, who is basically an advocate, bankrolled two Kannada movies Ranahedi and Prayanikara Gamanakke. "I have not undergone training in direction. I used to accompany directors during the shooting of the two movies I produced. I learnt the basics of direction at that time. I also faced some difficulties while shooting Chola but overcame it with the help of associate directors," Suresh said. According to him, Chola is a triangular love story and has all ingredients to entertain the audiences.

### Multi-lingual flick



Mammootty's fans in Karnataka can watch his latest movie Bramayugam, The Age of Madness, that will be released in Kannada, Tamil, Telugu and Hindi. The movie is being made under the Night Shift Studios & Ynot Studios banner. Rahul Sadasivan is helming the movie apart from writing the script while Chakravarthy Ramachandra and S Sashikanth are bankrolling the movie.

It is said the movie is a story set in the dark ages of Kerala. The movie went on floors a few days ago. According to the director, the movie is expected to become a huge success at the box office and it has the potential to entertain Mammootty's fans around the world.

Recently, Mammootty took to X to announce Bramyugam and also shared the poster of the movie which shows a man walking with a torch towards a ghostly building against a backdrop teeming with haunting figures without faces.

The producers have decided to make arrangements at Kochi and Ottapalam for the shooting of this movie.